If You Think of Suicide

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www.113online.nl

Mission: Prevention of suicide

- Provision of online treatment and support to suicidal people, their relatives and to bereaved.
- Improving their acces to regular care
- Alleviating stigma
- Research & development

- The Netherlands, 16 million inhabitants
  - Annually 1500 suicides; > 100.000 registered attempts
  - Population study: 500.000 have suicidal ideation> 2 weeks

Why online?

- Evidence shows effectivity of online therapy
- Anonimity, distance and privacy alleviate inhibited help seeking of suicidal people
- Online disinhibition effect
- Society and Health 2.0
- Low cost, large scale, highly transparant
- Practical, easily blended with daily life wherever you are

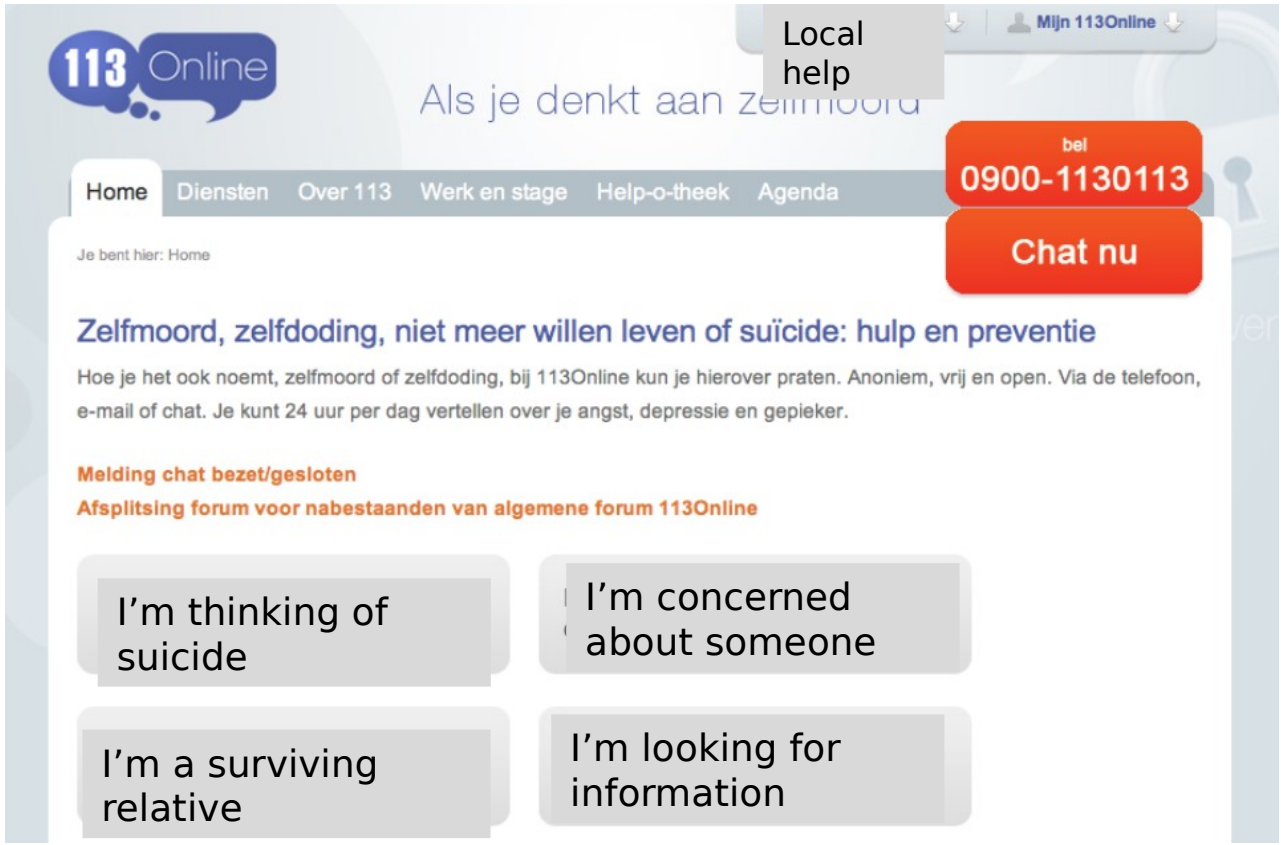
Organisation

- 113Online Foundation
  - Founders: Third sector, Mental Health Care, Research, Advocy
  - Government grant
- Preparation:
  - site, content, standards and manuals
  - selection and training of professionals &volunteers
  - logistic,legal & insurance issues
- Open since October 7, 2009, National TV
- Staff:
  - 8 psychologists, 3 psychiatriststst, webmaster
  - 200 volunteers; 3 supervisors

Philosophy

- We are open and we listen:
  - Non judgmental understanding and validation
- We do what works:
  - Evidence based
  - Focussed at what can be done here & now
  - Strengthen resilience and empowerment
- We work together
  - Professionals and volunteers
  - Online and offline
  - National and international
- We take a stand
  - Suicide can really be prevented

113Online website

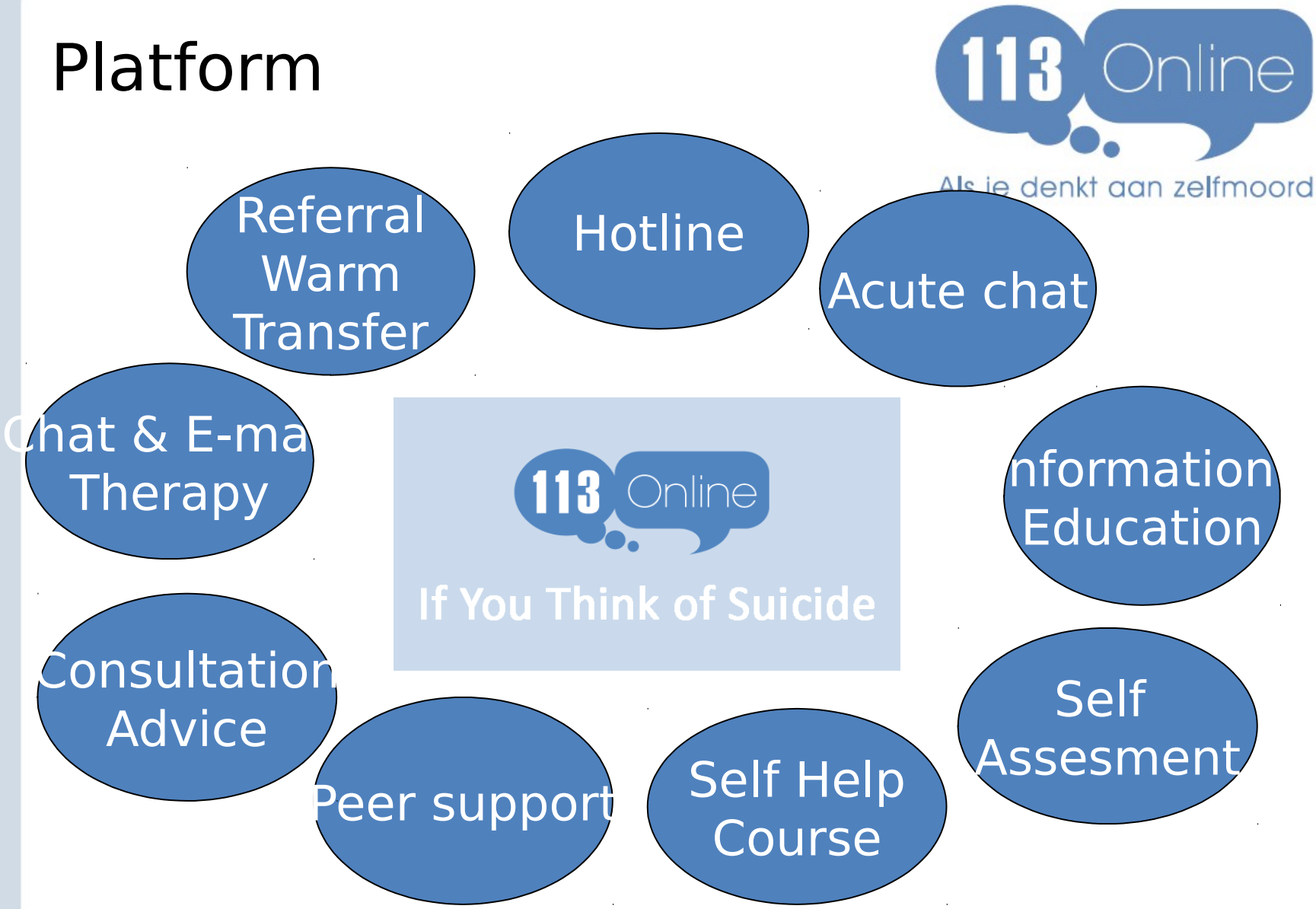

Local help
Mijn 113Online
113 Online
Als je denkt aan zelfmoord
bel
0900-1130113
Chat nu
Home
Diensten
Over 113
Werk en stage
Help-o-theek
Agenda
Je bent hier: Home
Zelfmoord, zelfdoding, niet meer willen leven of suïcide: hulp en preventie
Hoe je het ook noemt, zelfmoord of zelfdoding, bij 113Online kun je hierover praten. Anoniem, vrij en open. Via de telefoon, e-mail of chat. Je kunt 24 uur per dag vertellen over je angst, depressie en gepieker.
Melding chat bezet/gesloten
Afsplitsing forum voor nabestaanden van algemene forum 113Online
I'm thinking of suicide
I'm concerned about someone
I'm a surviving relative
I'm looking for information

Site Statistics

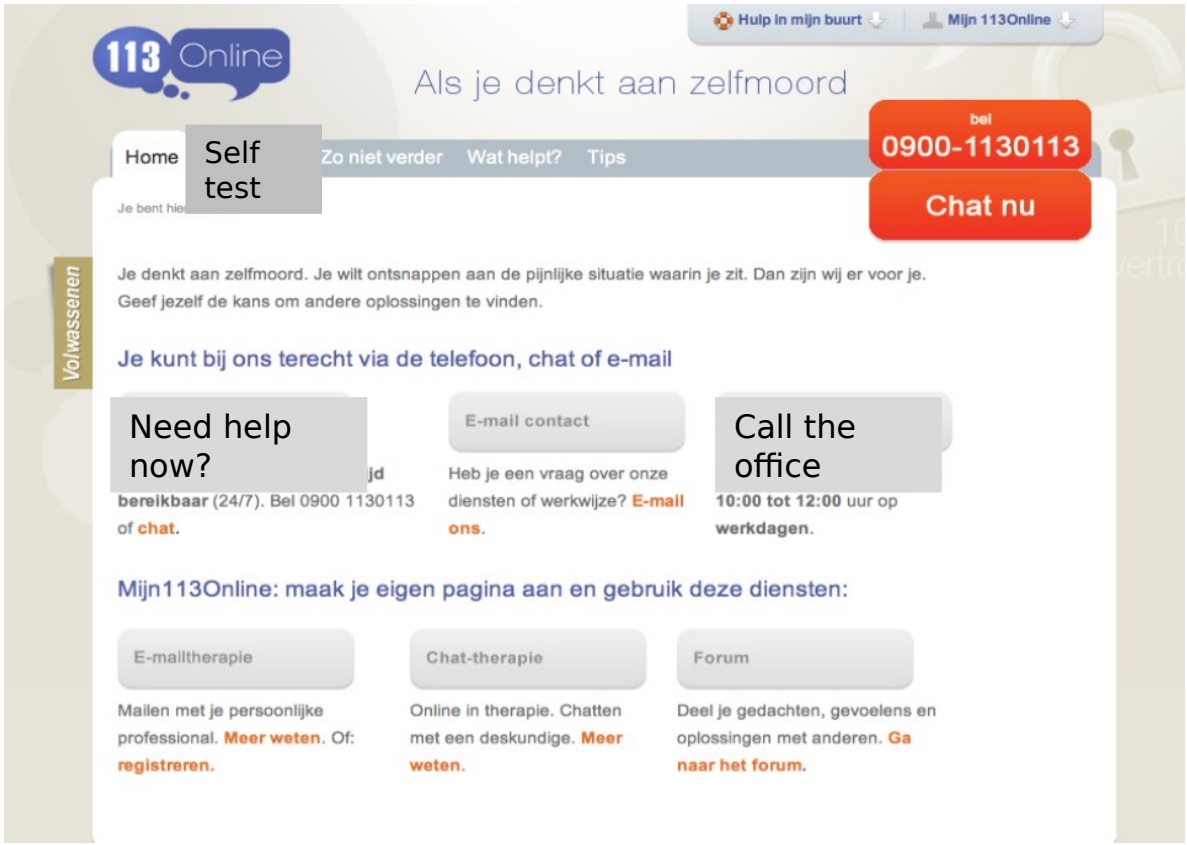
Site Visits	Daily Average
Absolute	408
Unique	195
First time visitors	47%

Visitors	Younger < 23	Adult > 22
I'm suicidal	19%	35%
I'm concerned about s.o.	6%	13%
I'm bereaved	3%	8%
I'm looking for information	5%	11%
TOTAL	33%	67%

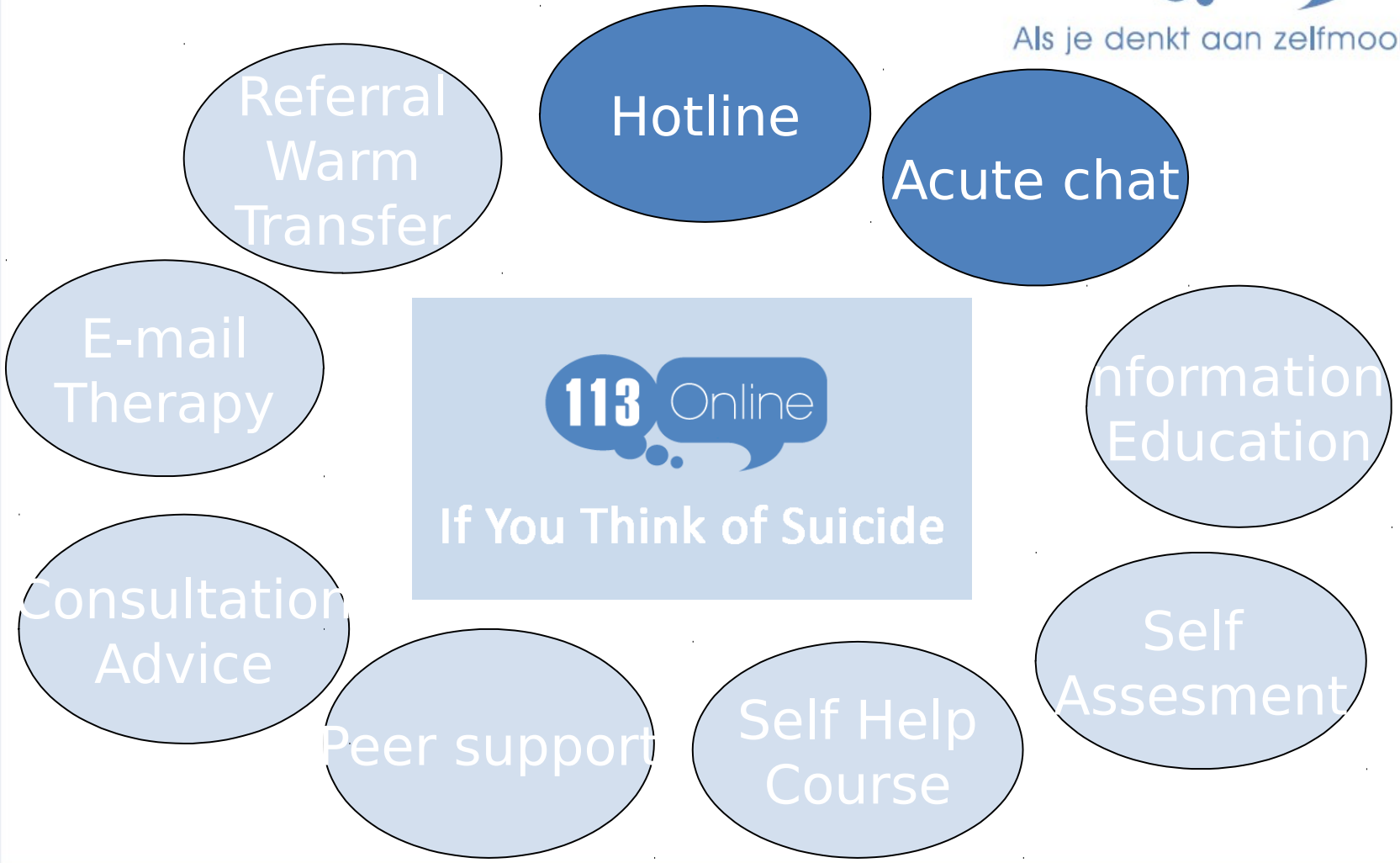
Platform


113 Online
Als je denkt aan zelfmoord
Referral Warm Transfer
Hotline
Acute chat
Chat & E-ma Therapy
113 Online
If You Think of Suicide
nformation Education
Consultation Advice
Peer support
Self Help Course
Self Assesment

I am suicidal and can choose


Hulp in mijn buurt
Mijn 113Online
113 Online
Als je denkt aan zelfmoord
Home
Self test
Zo niet verder
Wat helpt?
Tips
bel
0900-1130113
Chat nu
Volwassenen
Je denkt aan zelfmoord. Je wilt ontsnappen aan de pijnlijke situatie waarin je zit. Dan zijn wij er voor je. Geef jezelf de kans om andere oplossingen te vinden.
Je kunt bij ons terecht via de telefoon, chat of e-mail
Need help now?
bereikbaar (24/7). Bel 0900 1130113 of chat.
E-mail contact
Heb je een vraag over onze diensten of werkwijze? E-mail ons.
Call the office
10:00 tot 12:00 uur op werkdagen.
Mijn113Online: maak je eigen pagina aan en gebruik deze diensten:
E-mailtherapie
Mailen met je persoonlijke professional. Meer weten. Of: registreren.
Chat-therapie
Online in therapie. Chatten met een deskundige. Meer weten.
Forum
Deel je gedachten, gevoelens en oplossingen met anderen. Ga naar het forum.

Platform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Self
Assesment

Daily use Crisis Services

Crisis calls answered	Average/day
Chat	15,7
Telephone	14,5
Referral to Professional	3

- Crisis chat is requested 3 times more often than telephone
- Triage filter to be installed to cope with peak demand

Platform

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Self tests and auto replies

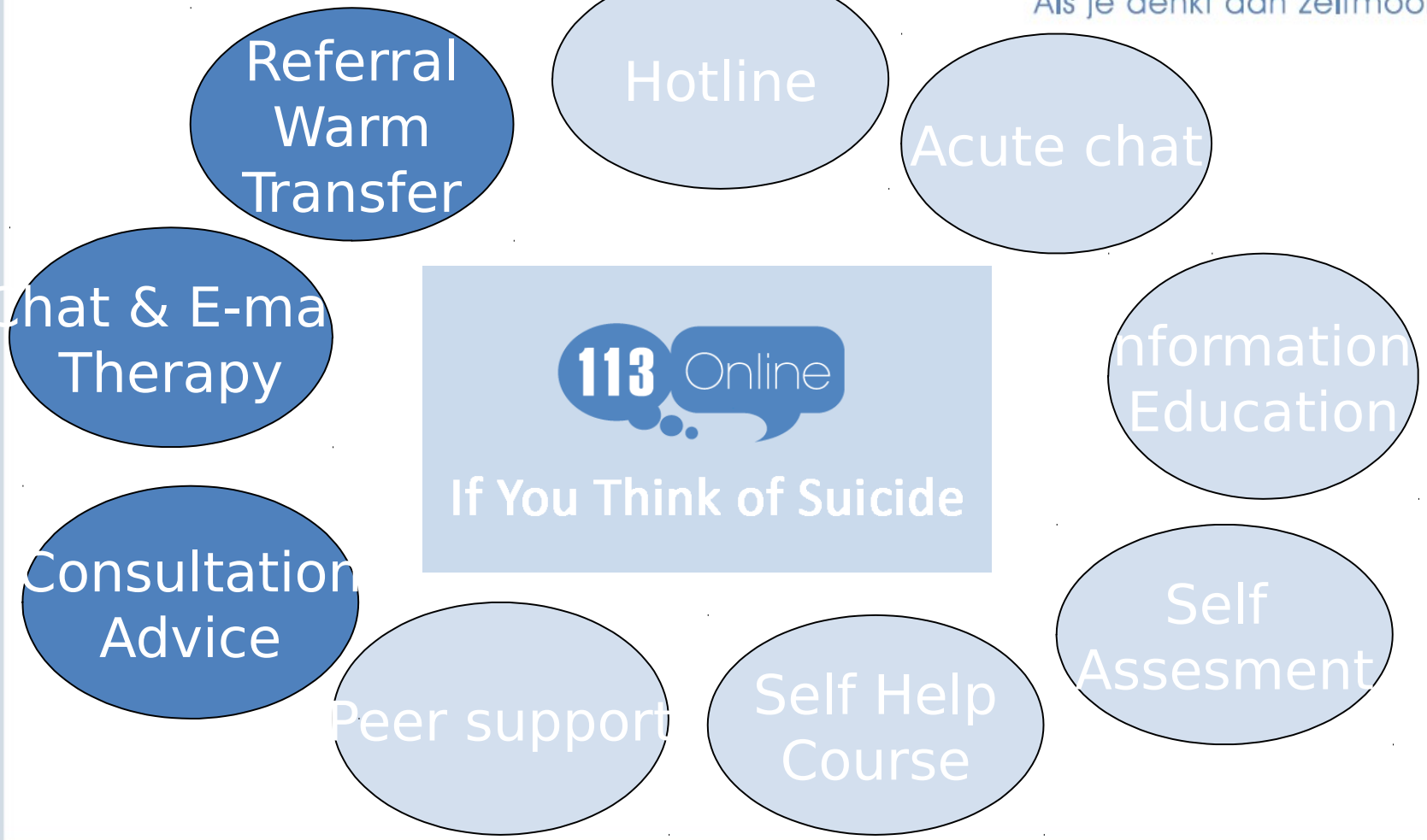
Selftest	Young SIQ J	Adult BSI
Av # day	7,3	13,1
Age	18,1 sd 2,9	35,5 sd 11,7
Female	72,5%	62,5%

Autoreply Suicidality	Young	Adult
Absent Low	8,2%	10,6%
Mild	4,7%	2,2%
Suicidal	7,7%	38,4%
Severely suicidal	79,1%	48,8%

Self Help Course

- Six lessons to be downloaded weekly
- Minimal support and guidance by mail and/or telephone
- Based on CBT
- Aimed at:
  - Handling negative affect
  - Attenuation of worrying and suicidal rumination
  - Fostering adaptive cognitive patterns
  - Lifting mood.

Platform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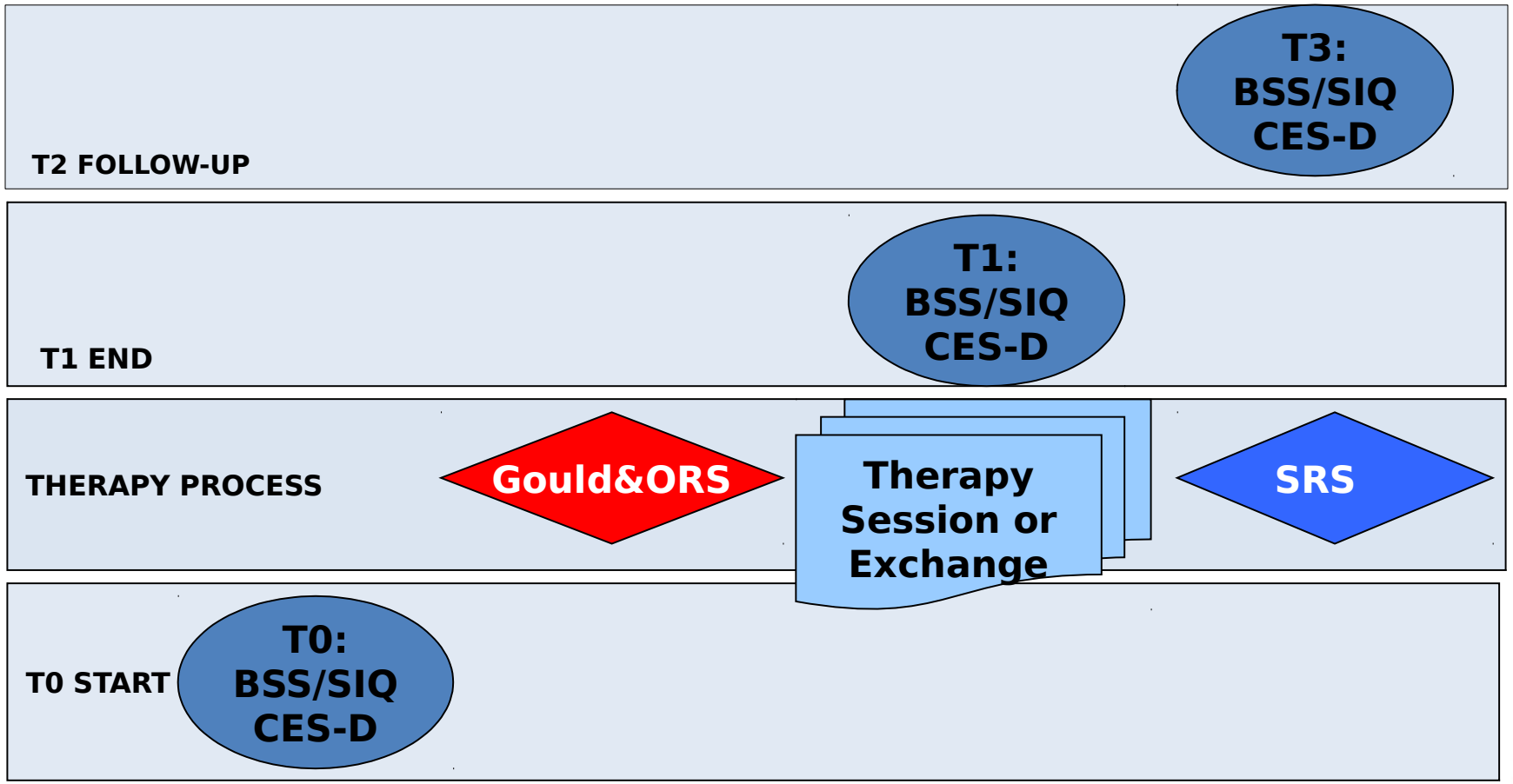
Psychotherapy

- Anonymous, free
- Solution Focussed Therapy with CBT/DBT elements
- Chat (direct messaging) or secure mail
- Brief: max 8 sessions/exchanges
- Therapists are trained and supervised psychologistst
- Based on treatment manual
- Average number sessions = 5
- Av. number of completed therapies = 25/week

Routine Outcome Monitor



Experiences

- Thousands have been helped since October 2009
- We received 3 complaints and know of 2 suicides
- It seems safe and feasible to offer online professional crisisintervention and therapy to (very) suicidal persons
- Anonimity is essential for many clients
- Solution Focussed approach seems well suited
- Very little clients want do be referred to regular care even if this is necessary
- National publicity is essential

113Online unique in the world?

The Effectiveness of Online Suicide Prevention Programs A Literature Review Pietrzak, McLaughlin, 2009

- We found no reports or reviews on online suicide prevention and treatment programs other than Pietrzak and Mclaughlin 2009
- Based on this it looks like we are pioneering with our comprehensive approach, including prevention and treatment
- We would like to get company and help others on their way

Perspectives

- Research
  - Efficacy of online therapies (naturalistic RCT)
  - Efficacy Self Help Course
  - Effect of forum for bereaved
  - Content Analysis bulletin board
- Development:
  - Group therapy
  - Social media: case finding and promotion of resilience
  - Twitter and Text Therapy
- Chat- and e-mail therapy in English language
- International Cooperation

Thank you for your attention

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